

Simple stretches to practice at work

Hip Flexor



While standing, extend the right leg back as though you're going to do a lunge. Squeeze the glutes as you bend both knees, lowering your legs until you feel a stretch in the front of the right hip. Hold for 10 seconds and repeat on the other side.

Standing Thigh Stretch



While in a standing position, bend your left knee, bringing your foot toward your glutes. Keep your upper thigh perpendicular to the floor. Reach behind with your left hand and take hold of your left ankle. Pull your left foot as close to your left buttock as you can. Hold for 10 seconds and then repeat the move on your right leg.

Upper Back Stretch



While standing, stretch the arms straight out and rotate the hands so that the palms face away from each other. Cross the arms so that the palms are pressed together, contract the abs and round the back, relaxing your head forward. Imagine you're curving up and over an imaginary ball. Hold the stretch for 10 seconds. If twisting the arms doesn't feel good, simply lace the fingers together.

Spinal Twist



Standing with your feet together, contract the abs and gently twist the torso toward the right, placing your hands on your hip or waist to help deepen the stretch. Only twist as far as you comfortably can and keep the back straight while keeping the hips square. Hold for 10 seconds and repeat on the other side.